

Taking JSC “Beyond the Star”

By Mary Peterson

As the theme “Beyond the Star” implies, this year’s Safety & Total Health Day is the most ambitious event of its kind yet planned at Johnson Space Center. What better time than within the new millennium to extend our site ambitions beyond the revered VPP Star site status to “superstar,” and Safety & Total Health Day seems the perfect catalyst to do just that.

Thanks to the dedicated and versatile Safety & Total Health planning committee, led by Perry Bennett and co-chairs Sylvia Stottlemeyer and Dr. Chuck Ross, this year’s program will offer more educational, informational, and screening opportunities than ever before.

But, Bennett reminded, “The centerpiece of the day’s activities has always been, and will remain, the individual programs within each group around the site. These are important because managers make a concerted effort to tailor this training to the specific needs associated with their own employees’ jobs and location.”

Beyond this, employees will have opportunities throughout the day to hear some outstanding speakers on a wide variety of subjects that include such topical items as treating and preventing viral infections, stress management, LASIK surgery, home burglary prevention, and elderly care management and planning,

among others. These seminars are scheduled variously at Teague Auditorium, the Bldg. 30 auditorium, two locations in Bldg. 8, and the Gilruth Center. Visit the Safety & Total Health Day Web site www.srqa.jsc.nasa.gov/sth2000 for a schedule of times and topics.

“We’ll have some really great new things this year,” said Reta Warren, co-chair of the booth committee. “For one thing,” she said, “we will have a series of informal presentations and

demonstrations both around the pond area and at Gilruth Center on sports that employees may want to consider adding to their activity list. For example, they will be able to take a look at the fun and art of fencing, see what is involved in learning Aikido or Tai Chi, or they can consider rock climbing.”

Planned demonstrations will give people a chance to talk to the experts, as well as learn about equipment, safety and health benefits.

Nearly 100 booths, many of which are making their first appearance at the JSC Safety & Total Health Day event, will be set up around the pond area and nearby buildings where a wealth of information will be available on a fascinating array of health and safety topics. Also, for the first time, the booths will be open until 4 p.m. to accommodate employees who cannot be there during the morning hours.

Among the attractions will be by the St. Luke’s mammography truck, Lone Star Canine Search and Rescue, Dr. Muscle & Co., motorcycle safety, M. D. Anderson Cancer Center, Harris County Pollution Control Department, Kelsey-Seybold cholesterol screening, child car seat check, Texans for Alternatives to Pesticides, Rape Aggression Defense, crisis hotline/crisis intervention, and, of course, the always popular Texas-New Mexico Power Company arc demonstration. Certainly, the event wouldn’t be complete without the Max-Q Astronaut Band for our listening pleasure which will be outside the Bldg. 3 cafeteria.

Safety & Total Health Day is the employees’ day and it will be teeming with opportunities to learn, to become better informed, and to improve lives through safer, more healthful living. Take full advantage of it. ■



NASA JSC 2000-06074 Photo by Benny Benavides

Taking Safety & Total Health Day “Beyond the Star” in 2000 is the S&TH Planning Committee. Shown from left, front: Sharon Kemp, Rindy Carmichael, Jo Kines, Sylvia Stottlemeyer (co-chair), Joyce Abbey, Sheilla Goldberg, Greta Ayers, and Perry Bennett (chairman); back: Karon Woods, Gloria Stiner, Reta Warren, Jonathan Manning, Mary Peterson, Bob Gaffney.

Safety & Total Health Day 2000



Making the Star shine

It was an extraordinary event when JSC earned its OSHA VPP Star site status. But even more extraordinary are the efforts that are being applied to go “Beyond the Star.” Safety & Total Health Day 2000, with its many dedicated volunteers, is a supreme example.

Although Safety & Total Health Day is a small part of the JSC safety and health program, it is, nonetheless, a very important part, and it serves to galvanize employees both on and off site toward the common goal of a safer, healthier work environment.

While the Safety & Total Health Planning Committee is the hub of the activity, many others volunteer untold hours to help with the child car seat check, staff booths, post notices, direct traffic, pass out literature, and do any number of other useful jobs. And they have a great time doing it.

“I can vouch for how much fun and how worthwhile it is to volunteer,” said Jonathan Manning of Muñiz Engineering, Inc. who heads the booth

committee. “Probably the thing that I recognize the most, though,” he said, “has been the dramatic change in safety and health awareness at JSC during the past five years.”

If you haven’t yet volunteered, consider it. It’s a way to meet new friends and to be a part of what has become one of JSC’s premier events. Even NASA Administrator Dan Goldin, recognizing the innovation and success of the idea, had all of the other centers model their own safety and health days after that of JSC. As a result, Safety & Total Health Day has now become a concerted effort, with all centers holding similar observances on the same day each year. And, as Manning further said, “Imagine being on a team that affects all of NASA on a given day!”

Whether you have one hour or several to spare, you can be a part of this dynamic team. Click on the S&TH Day Web page www.srqa.jsc.nasa.gov/sth2000 to volunteer or call x45078. ■

Words you will want to hear

By Mary Peterson

For hundreds of years, our only means of communication was storytelling—dating back to the traveler who brought tales from afar to an eager and willing audience. Even now, with our overabundance of communications devices, the spoken word still holds sway with those eager to learn and to hear others’ experiences firsthand. And so it will be with the several outstanding speakers who will take part in JSC’s Safety & Total Health Day, October 18.

Returning this year to give the keynote address in Teague Auditorium at 9 a.m. will be Canadian Dr. Robert Conn, a pediatric-cardiologist who once engaged in salvaging hearts from accident victims and then found important work in trying to teach young people how to recognize and avoid the high-risk behaviors that could forever change, or end, their lives. His is a touching testimonial to the work done by the foundation he created, SMARTRISK. Conn is also bringing SMARTRISK’s stunning, high-tech HEROES presentation to Gilruth Center for a three-day run, to which area students will be invited.



Dr. Frank Booth

Conn says of his work, “We’d do anything we could if we thought it would keep you safe. But there isn’t anything we can do. You’re in control. It’s your choice. It’s your body. It’s your responsibility. It is now and it always will be, as long as you live. All we can do is give you the facts and leave the choices up to you.”

Following Conn will be Dr. Frank Booth with some eye-opening facts about how physical inactivity can result in some of our most deadly diseases. If that scares you, then you’ll want to hear what he says about prevention as well.

Stress has become a common workplace problem, and Dr. Katherine Peek will be on hand to talk about managing what seems like the unmanageable at times. Then, in his talk, Dr. James Reese, an internationally known behavioral scientist/author, will, with wit and wisdom, take the point a step further to address what happens when stress induces violence.



Dr. Katherine Peek

The Bldg. 30 auditorium will host a seminar on LASIK surgery followed by Dr. Stephen Tying, an expert on the treatment and prevention of viral infections, who is associated with numerous research projects, including the development of a vaccine for HIV and one for cervical cancer in women, which could have worldwide implications. In a later session, speakers from Wesley Wright & Associates will tell you what you need to know about elder care, including Medicare management, preserving assets, and estate planning.

For those concerned with personal and home safety who would like some useful, practical advice, the Houston Police Dept. will be offering several seminars during the day in Bldg. 8, Rms. 2100 and 248. ■